

Nasha mukti kendra

You all know that how much alcohol is injurious to health. By drinking it continuously, a person becomes hollow from inside. Due to the addiction of alcohol, a

person starts committing violence, he does not know

with whom he is fighting and what he is talking about.

If you too have become unhappy with the addiction of alcohol, then in this article we are telling you the ways and methods to quit or get rid of alcohol or alcohol.

At [Nasha Mukti Kendra](#) to recovery, we believe in addressing the root of the problem that leads to addiction than to just suppress the urges and this is done with the help of our Holistic programme which include therapy, diet, counselling, yoga meditation

Nasha Mukti Kendra is the best [Nasha Mukti Kendra in Gaziabad](#) Here we help your loved ones get rid of the habit of drugs as well as alcohol. We have experts working with complete dedication. They focus on the patients and understand the root cause of their addiction. They also work on their psychology to ensure that they are better in terms of efficiency, creativity, and mental strength. Therefore, your loved ones will not only get rid of the habit of drugs but will also live a better life once they are out from here.

It can also be overcome through yoga practice. Disorders are removed from their body through mudra, meditation and yoga activities.

alcohol [rehab centre in ghaziabad](#) treatment for alcohol and drug addiction and mental health concerns. Alcoholism and drug abuse are chronic conditions and require a sustained intervention treatment model.

Do you have someone important to you struggling in addiction? Find out the best way to get them to a point of wanting to change.

Nasha Mukti Kendra and Other Drug Treatment Services Inc provides residential treatment options for women, pregnant women, and women with children who are experiencing problematic alcohol and/or other drug use across Ghaziabad

Our Rehab Program

Cognitive Behavioural Therapy

Onsite Clinical Director and Program Manager

Onsite Medical Team

Individual Counselling Sessions

Group Therapy

Psycho-Educational Groups

Mindfulness and Meditation

Gym Sessions and Yoga

Morning Beach Walks

Cultural Trips and Fun Outings

Relapse Prevention

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In case you want any of your friends or relatives to get rid of any such habit, let us know. Our Nasha Mukti Kendra has facilities that will make them feel really comfortable. People here live like a family, supporting each other. Please take a look at some of the facilities that make living here comfortable as well as effective in terms of quitting the

AC and non AC rooms depending on your convenience

Library with an interesting and useful reading material

Swimming pool with neat and clean water regularly checked

Courtyard to spend some peaceful time with nature

24 hours availability of experts like doctors, motivational speakers, psychiatrists, counselors, and physiologists.

At 'Gateway Wellness' with minimum efforts and pain and in a comfortable and systematic manner, you dear ones will be able to get rid of the habit of drugs and alcohol.